

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich
Wrocław, 18.11.2022

Konkurencja 5
18.11.2022 - 11:56

Dziewcz t, 400m dowolny

9 - 11 lat
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	BURANDT Hanna		11	KS "Swimmers I za"				5:32.88	347
	50m:	37.50 37.50	150m:	2:03.27 43.02	250m:	3:29.39 43.18	350m:	4:55.38 43.03	
	100m:	1:20.25 42.75	200m:	2:46.21 42.94	300m:	4:12.35 42.96	400m:	5:32.88 37.50	
2.	RÓ NICKA Aleksandra		11	Kp Harpun Osiecznica				5:35.54	338
	50m:	37.24 37.24	150m:	2:01.71 42.85	250m:	3:30.03 44.90	350m:	4:57.64 43.58	
	100m:	1:18.86 41.62	200m:	2:45.13 43.42	300m:	4:14.06 44.03	400m:	5:35.54 37.90	
3.	SZŁABOWICZ Emilia		11	WKS I sk				5:39.18	328
	50m:	35.39 35.39	150m:	2:00.35 44.35	250m:	3:29.61 44.19	350m:	4:59.20 45.19	
	100m:	1:16.00 40.61	200m:	2:45.42 45.07	300m:	4:14.01 44.40	400m:	5:39.18 39.98	
4.	KRAUS Otylia		11	KS Neptun widnica				5:39.37	327
	50m:	38.44 38.44	150m:	2:03.13 42.92	250m:	3:29.92 42.19	350m:	4:59.64 46.49	
	100m:	1:20.21 41.77	200m:	2:47.73 44.60	300m:	4:13.15 43.23	400m:	5:39.37 39.73	
5.	DONIECKA Natalia		11	UKS "Kro nicka Przysta "				5:40.29	324
	50m:	36.29 36.29	150m:	2:02.44 43.80	250m:	3:31.46 45.08	350m:	4:59.33 44.25	
	100m:	1:18.64 42.35	200m:	2:46.38 43.94	300m:	4:15.08 43.62	400m:	5:40.29 40.96	
6.	TRAM Hanna		11	MKS Juvenia Wrocław				5:44.34	313
	50m:	37.25 37.25	150m:	2:03.28 43.30	250m:	3:31.71 43.58	350m:	5:00.32 43.99	
	100m:	1:19.98 42.73	200m:	2:48.13 44.85	300m:	4:16.33 44.62	400m:	5:44.34 44.02	
7.	BIAŁEK Emilia		11	MKS Juvenia Wrocław				5:44.40	313
	50m:	36.25 36.25	150m:	2:04.00 44.66	250m:	3:34.34 45.24	350m:	5:03.11 44.03	
	100m:	1:19.34 43.09	200m:	2:49.10 45.10	300m:	4:19.08 44.74	400m:	5:44.40 41.29	
8.	KOZHUKHAR Mariia		11	MKS Juvenia Wrocław				5:48.60	302
	50m:	38.49 38.49	150m:	2:07.87 44.36	250m:	3:38.20 45.18	350m:	5:06.77 44.27	
	100m:	1:23.51 45.02	200m:	2:53.02 45.15	300m:	4:22.50 44.30	400m:	5:48.60 41.83	
9.	GROCKA Laura		11	MKS Juvenia Wrocław				5:55.70	284
	50m:	39.26 39.26	150m:	2:10.29 45.48	250m:	3:40.97 45.14	350m:	5:12.06 45.81	
	100m:	1:24.81 45.55	200m:	2:55.83 45.54	300m:	4:26.25 45.28	400m:	5:55.70 43.64	
10.	BŁOCH Lena		11	UKS KORAL Wrocław				5:55.74	284
	50m:	38.74 38.74	150m:	2:10.08 46.65	250m:	3:41.52 45.62	350m:	5:09.53 42.37	
	100m:	1:23.43 44.69	200m:	2:55.90 45.82	300m:	4:27.16 45.64	400m:	5:55.74 46.21	
11.	KWIATKOWSKA Emilia		11	UKS KORAL Wrocław				5:56.73	281
	50m:	37.37 37.37	150m:	2:04.80 44.88	250m:		350m:	5:10.21 46.82	
	100m:	1:19.92 42.55	200m:	2:50.64 45.84	300m:	4:23.39	400m:	5:56.73 46.52	
12.	TYMI SKA Adrianna		11	WKS I sk				5:58.70	277
	50m:	41.11 41.11	150m:	2:13.39 46.32	250m:	3:46.65 46.77	350m:	5:17.28 44.20	
	100m:	1:27.07 45.96	200m:	2:59.88 46.49	300m:	4:33.08 46.43	400m:	5:58.70 41.42	
13.	STRAP Blanka		11	MKS Juvenia Wrocław				5:58.81	277
	50m:	38.38 38.38	150m:	2:09.85 47.37	250m:	3:42.01 46.25	350m:	5:10.80 46.14	
	100m:	1:22.48 44.10	200m:	2:55.76 45.91	300m:	4:24.66 42.65	400m:	5:58.81 48.01	
14.	KAMI SKA Julia		11	MKS Juvenia Wrocław				6:04.88	263
	50m:	38.66 38.66	150m:	2:11.29 46.71	250m:	3:45.81 47.58	350m:	5:19.73 47.70	
	100m:	1:24.58 45.92	200m:	2:58.23 46.94	300m:	4:32.03 46.22	400m:	6:04.88 45.15	
15.	JERZYK Carmen		11	UKS „SZAFIR” Wałbrzych				6:21.97	229
	50m:	41.42 41.42	150m:	2:17.72 48.92	250m:	3:55.92 49.51	350m:	5:32.80 48.09	
	100m:	1:28.80 47.38	200m:	3:06.41 48.69	300m:	4:44.71 48.79	400m:	6:21.97 49.17	
16.	URBA SKA Aleksandra		11	MKS Juvenia Wrocław				6:24.80	224
	50m:	40.85 40.85	150m:	2:19.34 49.79	250m:	3:58.64 49.51	350m:	5:36.69 48.68	
	100m:	1:29.55 48.70	200m:	3:09.13 49.79	300m:	4:48.01 49.37	400m:	6:24.80 48.11	

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich
Wrocław, 18.11.2022

Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
17.	SHEPTUN Anna		11	MKS Juvenia Wrocław				6:31.08	213		
	50m:	44.47 44.47	150m:	2:25.37	51.18	250m:	4:06.86	51.09	350m:	5:46.44	49.39
	100m:	1:34.19 49.72	200m:	3:15.77	50.40	300m:	4:57.05	50.19	400m:	6:31.08	44.64
18.	SUCHAR Aleksandra		11	WKS I sk				6:31.31	213		
	50m:	43.19 43.19	150m:	2:23.99	51.42	250m:	4:03.71	49.22	350m:	5:42.34	48.80
	100m:	1:32.57 49.38	200m:	3:14.49	50.50	300m:	4:53.54	49.83	400m:	6:31.31	48.97
19.	DANIELAK Antonina		11	WKS I sk				6:32.16	212		
	50m:	44.18 44.18	150m:	2:25.68	50.80	250m:	4:06.37	50.21	350m:	5:46.54	48.64
	100m:	1:34.88 50.70	200m:	3:16.16	50.48	300m:	4:57.90	51.53	400m:	6:32.16	45.62
20.	KARNICKA Emilia		11	MKS Juvenia Wrocław				6:37.50	203		
	50m:	44.61 44.61	150m:	2:25.49	50.82	250m:	4:07.66	51.21	350m:	5:49.11	50.15
	100m:	1:34.67 50.06	200m:	3:16.45	50.96	300m:	4:58.96	51.30	400m:	6:37.50	48.39
21.	BUSHTRIUK Daria		11	UKS KORAL Wrocław				6:40.03	199		
	50m:	43.53 43.53	150m:	2:25.62	52.12	250m:	4:10.92	52.65	350m:	5:55.87	52.09
	100m:	1:33.50 49.97	200m:	3:18.27	52.65	300m:	5:03.78	52.86	400m:	6:40.03	44.16
22.	HANUSZKO Natalia		11	MKS Juvenia Wrocław				6:41.08	198		
	50m:	42.69 42.69	150m:	2:21.93	51.38	250m:	4:05.22	51.77	350m:	5:50.31	52.91
	100m:	1:30.55 47.86	200m:	3:13.45	51.52	300m:	4:57.40	52.18	400m:	6:41.08	50.77
23.	J DRO Zuzanna		11	MKS Juvenia Wrocław				6:44.40	193		
	50m:	45.05 45.05	150m:	2:27.63	51.59	250m:	4:12.29	52.18	350m:	5:57.69	52.50
	100m:	1:36.04 50.99	200m:	3:20.11	52.48	300m:	5:05.19	52.90	400m:	6:44.40	46.71
24.	MA CZYK Emilia		11	KS "Swimmers I za"				6:45.48	191		
	50m:	43.71 43.71	150m:	2:27.64	52.84	250m:	4:12.66	51.50	350m:	5:58.07	52.53
	100m:	1:34.80 51.09	200m:	3:21.16	53.52	300m:	5:05.54	52.88	400m:	6:45.48	47.41
25.	KUCYPERA Hanna		11	WKS I sk				6:46.65	190		
	50m:	43.75 43.75	150m:	2:24.85	51.33	250m:	4:10.84	53.26	350m:	5:57.24	53.26
	100m:	1:33.52 49.77	200m:	3:17.58	52.73	300m:	5:03.98	53.14	400m:	6:46.65	49.41
26.	SZAŁAJ Hanna		11	UKS KORAL Wrocław				6:47.81	188		
	50m:	45.14 45.14	150m:	2:30.07	52.11	250m:	4:16.35	52.93	350m:	6:00.83	51.99
	100m:	1:37.96 52.82	200m:	3:23.42	53.35	300m:	5:08.84	52.49	400m:	6:47.81	46.98
27.	KITA Milena		11	MKS Juvenia Wrocław				6:49.87	185		
	50m:	42.12 42.12	150m:	2:26.05	53.15	250m:	4:11.11	52.97	350m:	5:57.58	52.53
	100m:	1:32.90 50.78	200m:	3:18.14	52.09	300m:	5:05.05	53.94	400m:	6:49.87	52.29
28.	NAJDEWSKA Maria		11	KS JUST SWIM Jelenia Góra				6:52.69	182		
	50m:	41.11 41.11	150m:	2:21.14	51.62	250m:	4:08.56	54.20	350m:	6:04.18	1:00.99
	100m:	1:29.52 48.41	200m:	3:14.36	53.22	300m:	5:03.19	54.63	400m:	6:52.69	48.51
29.	BARTU Magdalena		11	Kp Harpun Osiecznica				6:52.93	181		
	50m:	43.32 43.32	150m:	2:28.45	53.93	250m:	4:17.46	54.96	350m:	6:07.83	55.80
	100m:	1:34.52 51.20	200m:	3:22.50	54.05	300m:	5:12.03	54.57	400m:	6:52.93	45.10
30.	WOJTERA Kinga		11	WKS I sk				6:53.48	181		
	50m:	45.14 45.14	150m:	2:29.13	53.19	250m:	4:15.95	53.25	350m:	6:02.81	53.40
	100m:	1:35.94 50.80	200m:	3:22.70	53.57	300m:	5:09.41	53.46	400m:	6:53.48	50.67
31.	HURSZTYN Helena		11	UKS KORAL Wrocław				6:58.60	174		
	50m:	44.37 44.37	150m:	2:29.51	53.27	250m:	4:17.94	54.31	350m:	6:05.10	53.13
	100m:	1:36.24 51.87	200m:	3:23.63	54.12	300m:	5:11.97	54.03	400m:	6:58.60	53.50
32.	GRANAS Apolonia		11	UKS KORAL Wrocław				6:59.09	173		
	50m:	42.67 42.67	150m:	2:30.75	55.90	250m:	4:22.32	56.67	350m:	6:10.44	53.95
	100m:	1:34.85 52.18	200m:	3:25.65	54.90	300m:	5:16.49	54.17	400m:	6:59.09	48.65
33.	TRUSZKOWSKA Ada		11	KS "Swimmers I za"				6:59.25	173		
	50m:	44.56 44.56	150m:	2:30.74	54.67	250m:	4:18.03	53.45	350m:	6:07.81	54.26
	100m:	1:36.07 51.51	200m:	3:24.58	53.84	300m:	5:13.55	55.52	400m:	6:59.25	51.44

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich
Wrocław, 18.11.2022

Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja			Rok ur.				Czas		Pkt.
34.	CHUDY Gabriela		11	WKS I sk			6:59.33	173	
	50m: 48.59	48.59	150m: 2:37.74	54.57	250m: 4:25.58	54.28	350m:		
	100m: 1:43.17	54.58	200m: 3:31.30	53.56	300m: 5:18.74	53.16	400m: 6:59.33		
35.	WIECZOREK Alicja		11	UKS KORAL Wrocław			7:03.71	168	
	50m: 46.10	46.10	150m: 2:34.93	55.10	250m: 4:24.87	55.03	350m: 6:12.43	52.96	
	100m: 1:39.83	53.73	200m: 3:29.84	54.91	300m: 5:19.47	54.60	400m: 7:03.71	51.28	
36.	ADAMEK Joanna		11	UKS RAPID Wrocław			7:05.87	165	
	50m: 46.10	46.10	150m: 2:35.30	56.19	250m:		350m: 6:15.08	54.01	
	100m: 1:39.11	53.01	200m:		300m: 5:21.07		400m: 7:05.87	50.79	
37.	TELEGO Liwia		11	UKS KORAL Wrocław			7:13.40	157	
	50m: 44.84	44.84	150m: 2:34.94	56.30	250m: 4:27.51	56.17	350m: 6:20.51	55.84	
	100m: 1:38.64	53.80	200m: 3:31.34	56.40	300m: 5:24.67	57.16	400m: 7:13.40	52.89	
38.	ŁYSZAK Liliana		11	MKS Juvenia Wrocław			7:15.87	154	
	50m: 48.38	48.38	150m: 2:36.37	54.80	250m: 4:30.31	56.31	350m: 6:22.71	55.74	
	100m: 1:41.57	53.19	200m: 3:34.00	57.63	300m: 5:26.97	56.66	400m: 7:15.87	53.16	
39.	JAREMA Ada		11	Kp Harpun Osiecznica			7:19.12	151	
	50m: 46.52	46.52	150m: 2:39.07	57.09	250m: 4:33.14	56.91	350m: 6:26.10	55.99	
	100m: 1:41.98	55.46	200m: 3:36.23	57.16	300m: 5:30.11	56.97	400m: 7:19.12	53.02	
40.	MIGIELSKA Joanna		11	MKS Juvenia Wrocław			7:19.76	150	
	50m: 48.44	48.44	150m: 2:39.84	55.93	250m: 4:32.84	56.25	350m: 6:23.91	54.66	
	100m: 1:43.91	55.47	200m: 3:36.59	56.75	300m: 5:29.25	56.41	400m: 7:19.76	55.85	
41.	OCH DZAN Apolonia		11	MKS Juvenia Wrocław			7:23.51	146	
	50m: 47.56	47.56	150m: 2:41.51	57.75	250m: 4:36.72	57.06	350m: 6:30.90	55.59	
	100m: 1:43.76	56.20	200m: 3:39.66	58.15	300m: 5:35.31	58.59	400m: 7:23.51	52.61	
42.	GÓRA Wiktoria		11	UKS RAPID Wrocław			7:30.67	139	
	50m: 49.04	49.04	150m: 2:40.63	57.13	250m: 4:38.04	59.82	350m: 6:35.39	58.62	
	100m: 1:43.50	54.46	200m: 3:38.22	57.59	300m: 5:36.77	58.73	400m: 7:30.67	55.28	
43.	BELEY Mariya		11	MKS Juvenia Wrocław			7:30.81	139	
	50m: 53.09	53.09	150m: 2:47.69	56.74	250m: 4:43.39	57.67	350m: 6:40.00	58.35	
	100m: 1:50.95	57.86	200m: 3:45.72	58.03	300m: 5:41.65	58.26	400m: 7:30.81	50.81	
44.	RUDNICKA Zuzanna		11	UKS RAPID Wrocław			7:30.93	139	
	50m: 49.72	49.72	150m: 2:44.60	58.77	250m: 4:43.93	58.55	350m: 6:40.90	58.01	
	100m: 1:45.83	56.11	200m: 3:45.38	1:00.78	300m: 5:42.89	58.96	400m: 7:30.93	50.03	
45.	BAŁAZ Amelia		11	UKS RAPID Wrocław			7:35.82	135	
	50m: 43.24	43.24	150m: 2:36.36	58.65	250m: 4:37.21	1:01.15	350m: 6:39.27	1:01.04	
	100m: 1:37.71	54.47	200m: 3:36.06	59.70	300m: 5:38.23	1:01.02	400m: 7:35.82	56.55	
46.	ROMANOWSKA Patrycja		11	MKS Juvenia Wrocław			7:42.99	128	
	50m: 45.09	45.09	150m: 2:42.19	1:00.16	250m: 4:39.04	58.54	350m: 6:45.26	1:02.30	
	100m: 1:42.03	56.94	200m: 3:40.50	58.31	300m: 5:42.96	1:03.92	400m: 7:42.99	57.73	
47.	TULSKA Aleksandra		11	UKS „HS” Team Kryty Basen Kłodzko			7:53.13	120	
	50m: 40.76	40.76	150m: 2:18.05	49.63	250m: 3:57.17	49.10	350m: 6:18.72	43.29	
	100m: 1:28.42	47.66	200m: 3:08.07	50.02	300m: 5:35.43	1:38.26	400m: 7:53.13	1:34.41	
	PIEKARZ Natalia		11	UKS RAPID Wrocław			7:53.13	120	
	50m: 50.76	50.76	150m: 2:52.58	1:01.92	250m: 4:58.49	1:02.37	350m: 6:59.23	58.81	
	100m: 1:50.66	59.90	200m: 3:56.12	1:03.54	300m: 6:00.42	1:01.93	400m: 7:53.13	53.90	
49.	GARGOL Lena		11	MKS Juvenia Wrocław			8:04.83	112	
	50m: 47.91	47.91	150m: 2:49.60	1:02.30	250m: 4:57.31	1:04.10	350m: 7:05.62	1:04.25	
	100m: 1:47.30	59.39	200m: 3:53.21	1:03.61	300m: 6:01.37	1:04.06	400m: 8:04.83	59.21	
50.	J DRZEJAK Nadia		11	UKS RAPID Wrocław			8:09.48	109	
	50m: 56.68	56.68	150m: 3:02.92	1:03.62	250m: 5:09.51	1:03.59	350m: 7:14.22	1:02.42	
	100m: 1:59.30	1:02.62	200m: 4:05.92	1:03.00	300m: 6:11.80	1:02.29	400m: 8:09.48	55.26	

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich
Wrocław, 18.11.2022

Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja	Rok ur.								Czas	Pkt.	
51. PAWLIK Alicja	11 UKS KORAL Wrocław								8:16.41	104	
50m:	52.24	52.24	150m:	2:57.07	1:03.65	250m:	5:05.58	1:04.86	350m:	7:13.80	1:04.04
100m:	1:53.42	1:01.18	200m:	4:00.72	1:03.65	300m:	6:09.76	1:04.18	400m:	8:16.41	1:02.61

9-10 lat PK

1. NOSAL Lena	12 MKS Juvenia Wrocław								5:41.21	322	
50m:	39.73	39.73	150m:	2:09.53	44.55	250m:	3:37.73	44.41	350m:	5:02.68	42.24
100m:	1:24.98	45.25	200m:	2:53.32	43.79	300m:	4:20.44	42.71	400m:	5:41.21	38.53
2. WERESZCZY SKA Lila	12 WKS I sk								5:57.03	281	
50m:	40.37	40.37	150m:	2:11.64	46.20	250m:	3:44.92	46.38	350m:	5:15.58	43.80
100m:	1:25.44	45.07	200m:	2:58.54	46.90	300m:	4:31.78	46.86	400m:	5:57.03	41.45
3. DZIUBI SKA-GAŁKOWSKA Laura	12 WKS I sk								6:14.55	243	
50m:	42.24	42.24	150m:	2:19.24	49.64	250m:	3:57.49	48.26	350m:	5:33.13	46.53
100m:	1:29.60	47.36	200m:	3:09.23	49.99	300m:	4:46.60	49.11	400m:	6:14.55	41.42
4. BEBEL Luiza	12 MKS Juvenia Wrocław								7:10.26	160	
50m:	45.81	45.81	150m:	2:37.46	55.17	250m:	4:26.16	54.48	350m:	6:16.66	54.32
100m:	1:42.29	56.48	200m:	3:31.68	54.22	300m:	5:22.34	56.18	400m:	7:10.26	53.60
5. CEGIEŁKA Liliana	12 MKS Juvenia Wrocław								7:34.64	136	
50m:	48.15	48.15	150m:	2:41.50	56.35	250m:	4:37.94	57.90	350m:	6:36.41	59.50
100m:	1:45.15	57.00	200m:	3:40.04	58.54	300m:	5:36.91	58.97	400m:	7:34.64	58.23
6. SMOLIS Oliwia	12 MKS Juvenia Wrocław								7:41.45	130	
50m:	48.86	48.86	150m:	2:46.70		250m:	4:48.57	1:00.80	350m:	6:45.76	58.24
100m:			200m:	3:47.77	1:01.07	300m:	5:47.52	58.95	400m:	7:41.45	55.69
7. PAWŁOWSKA Maja	12 MKS Juvenia Wrocław								7:48.80	124	
50m:	52.35	52.35	150m:	2:52.26	1:00.31	250m:	4:53.67	58.50	350m:	6:54.56	1:00.20
100m:	1:51.95	59.60	200m:	3:55.17	1:02.91	300m:	5:54.36	1:00.69	400m:	7:48.80	54.24